

**AMENDMENTS TO THE SPECIFICATION:**

Please amend the specification at Page 10, Second Paragraph (beginning at line 12) as follows:

As mentioned above, the central portion 18a of the adjustment mechanism 18 includes an integral control button 48 that extends away from the surface of the adjustment mechanism 18 and is accessible through the aperture 50 defined by the inner ring 14. Thus, when the wearer wishes to adjust the vertical position of the headband 16, pressure may be applied to the control button 48 by placing the thumb or another finger through the aperture 50. By applying a generally upward or downward pressure to the control button 48, the adjustment mechanism 18, along with the headband 16 secured to the adjustment mechanism 18, is moved substantially vertically with respect to the inner ring 14. Specifically, when an adequate pressure is provided, the bosses 46 extending from the ~~inner-outer~~ surface ~~24-22~~ of the ring 14 are disengaged from the selected detents 44. Continued application of pressure causes the adjustment mechanism 18 to slide against the outer surface 22 of the ring 14 until the bosses 46 engage the next set of detents 44. Thus, the adjustment mechanism 18 may be manipulated and moved vertically within the cavity defined by the outer shell 12 and the ring 14 until the bosses 46 on the inner surface 24 of the ring 14 are aligned with desired detents 44. When the pressure on the control button 48 is released, the protruding bosses 46 are again mated with the detents 44, preventing further vertical movement of the adjustment mechanism 18 and associated headband 16 with respect to the ring 14. The adjusting mechanism 18 is essentially locked relative to the ring 14 and the shell 12, and the headband 16 is maintained at the desired vertical position within the helmet 10.